



**VISHWAS**  
*Assisted Living Home*





Change is the law of nature. The world has witnessed many unprecedented changes in the last one hundred years. The disintegration of the joint family system is one of the painful changes. Industrialisation and urbanization have brought this disintegration at a crushing speed. The country is not fully prepared to deal with the problems of the aged people. The need of the hour is to have adequate homes for the aged in India. Europe and America have been able to address to the problems of the aged to a reasonable extent. They have homes and exclusive settlements for their senior citizens. They provide all the necessary comforts and facilities for the aged. Diseases and disabilities are the constant companion of the old. Proper medical treatment, facilities and nutritious food are the necessities. Home for the aged provides all such comforts and facilities. The aged people too have a right to a decent living. Their old and tired bones need rest and mind need peace. Such homes can help them to lead a decent and respectable life.

## VISION



Dr Olinda Pereira

## IN MEMORY OF



Veronica Cutinho

## OWNED BY



St Antony  
Educational & Charitable Trust

Cutinho Padavu, Fermai, Mangaluru 575029

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Vishwas assisted living home is one of a kind senior citizen home care in Mangaluru which offers premium living for seniors. It offers the assortment of quality care, comfort and security through the avenue of relaxed community lifestyle and warm hospitality. Old age is a phase in our life that is meant for pure indulgence in a lifestyle that fills us with delight and brings out the best.

The Vishwas assisted living home is beyond just an old age home. The Community is promoting assisted living to ensure that every day is a comfortable one. We pay meticulous attention to the smallest of details to give the best service.







## GENERAL AMENITIES



### ROOMS

Spacious private rooms with attached bathroom-toilet with good ventilation and scenario. A wooden bed, wardrobe with locker, phone-intercom, table, chair, fan and provision for AC, Fridge & TV.

### KITCHEN

Modern Hygienic Kitchen with advanced technology and cooking system. For those who are not able to come to dining room food will be served to their room.



### FOOD & DINING

Homely delicacies with the adequate nutritional requirements will be provided. Fibre and proteins rich diet food will be served. Fresh vegetables, fish and farm fresh meat will be used. Porridge and Health drinks will be served from time to time.

### HASSLE-FREE LIVING

24X7 security and assistance through call bell / Intercom at a hand's distance. Free Wi-Fi facility will be provided.







## WASHROOMS

All washrooms equipped with senior friendly features. Hot water available in all the washrooms throughout the day. All Washrooms are furnished with anti-skid flooring.



## LEISURE ACTIVITIES

To feel at home and engage themselves TV, Music, Morning and evening walk, Reading, Indoor and outdoor games, other recreational, cultural activities and celebrations are planned.

## LANDSCAPES

Surrounded by hilly green skyline, the area is full of scenic beauty. Assisted Home itself has a Walking track, Medicinal, fruit and attractive flowering plants within the compound for evening companionship.



## LAUNDRY AND HOUSE KEEPING

Washing, ironing clothes, changing bedspreads and cleaning rooms will be well maintained. Round the clock house keeping staff will be available.





## GENERAL AMENITIES



### RELAXATION

Yoga, Dhyana Mandir and prayer hall is provided to keep the mind relaxed. Periodical laughter sessions and Neuro-muscle relaxation camps will be conducted. Spiritual needs will be attended at group and personal level.

### MEDICAL

Medical Service from qualified Doctors with nursing care is provided. Round the clock medical support and regular organized medical check-ups as preventive care. Soap, brush, paste and other basic requirements will be taken care of.



### COMMUNITY HALL

Full pledged hall with a capacity of 200 seats is available for celebrations. On request individual occasions like birthday, anniversary will be celebrated. Occasionally spiritual discourses, health talks, slide shows, documentaries and movies will be organised.

### OUTING

Weekly outing is planned to near by areas to fresh up and relax. Vehicle will be provided with assistant and supervisor.

### AMENITIES AT EXTRA COST

- Special care at hospitalization. ● TV, AC, Fridge, Musical and Medical Instruments.
- Special food, drinks or any special needs. ● Oil Massage and Spa.
- Counselling from Experts. ● Escort facility for personal work.

## DAWN TO DUSK AT VISHWAS



06:00 am	Raising, Prayer, Yoga, Dhyana, Morning Walk, Exercise, Reading Newspapers
07:30 am	Breakfast
09:00 am	Physiotherapy, Reading, Music, TV
11:00 am	Porridge, Liquid Drink, Fruits
11:30 am	Personal Time.
12:30 pm	Lunch
01:30 pm	Nap / Rest
03:30 pm	Tea / Coffee / with Snacks
04:00 pm	Outing / Play / Evening Walk / TV / Music
08.00 pm	Supper
09.00 pm	To Bed

\* Above timings are flexible and case sensitive

## THE VISION

The home for assisted living is finally ready to occupy. We look forward to a happy home stay for those who pass some time there. When we look at the building and surroundings of VISHWAS Assisted living home we are confident that it will not be difficult to find occupants for the buildings which have come up.



We owe the successful completion of this project to Mr Francis Coutinho who at the brink of our difficulty stepped in to help us. We understand that the project took some time for completion, but Mr Francis Coutinho's timely help saved the day.

The Fermat Project has met our expectation to the extent we desired it. And we are very happy to be able to offer to the Mangaluru Public and to others the facilities of a home for elderly in beautiful natural surroundings. While we Thank God for giving us friend like Mr Francis Coutinho, we look forward to a time when the Mangaluru public and others will make full use of Vishwas Assisted living home. Welcome to all and God Bless You. Thank you.

**Dr Olinda Pereira**



## LIFE AT VISHWAS

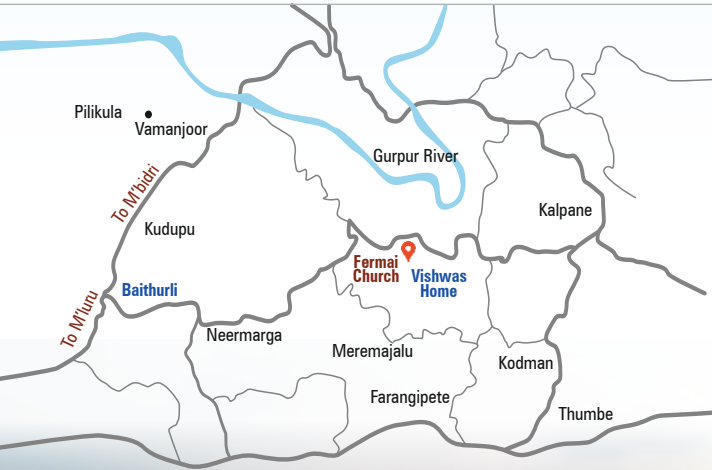






At VISHWAS we firmly believe in quality care. So we have carefully designed every detail to suit your needs. Special attention will be paid to food, medical and nursing care, safety of inmates and recreational activities. Life at VISHWAS is hassle free and rejuvenating. At VISHWAS along with adding years to life you will definitely add value to life. It is not just an assisted living home, it is a value added life.

### Francis Coutinho

Managing Trustee

St Antony Educational and Charitable Trust



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